

**A SAW, A FOREST
AND EXHAUSTION**

Tools of Recovery

PAGE 6

Share-A-Day Speakers Shed Light on Their Sobriety

NYCMA'S FIRST SHARE-A-DAY, "A BRIDGE BACK TO LIFE," was held on Oct. 1. About 150 CMA members attended. We were lucky to have some great speakers with long-term sobriety to share about their recovery.

Workshops featured Michael M. from Washington, D.C., Karen G. from New York City and Tony F. from Fort Lauderdale. Ric S. from Boston was scheduled to come but was unable to attend. (Stacy S. and Bonnie V. did a great job of filling in at the last minute.)

Before the event, we asked the scheduled speakers a few questions about their experience, strength and hope in sobriety: **MICHAEL M., OF WASHINGTON, D.C.**, who spoke at the "Now About Sex..." workshop, has been sober since Nov. 26, 2000. Like many of us, he knows what relapse means: He had 13 years clean before his current stretch in recovery. "I discovered crystal meth three years into my relapse. Because of my history in recovery, I knew that there was no way I could quit using crystal on my own will. I loved it so much, so I never attempted to stop."

Continued on PAGE 5

525,600 Sober Minutes Later...

IWOKE UP DRENCHED WITH my own sweat, shivering and disoriented. The drug dealer was passed out in the floor, and I was in his bed.

Judging from the glob of stuff caught in my throat, the eight lost hours and the troubled look in the resident dog's eyes, I must have overdosed.

The solution came quickly: *more* drugs, *more* denial, *more* insanity.

Dressed for a late-spring day (instead of for the blizzard outside), I left the dealer's house and wandered the streets in foot-deep snow, seeking yet another stranger's den to scurry into in an attempt to avoid the impending crash and despair.

This was one of the last times I "went out."

That I now have a little more than a year of continuous sobriety is a testament to many things: meetings, the support of the Fellowship, my sponsor's

guidance, stepwork, therapy, books and program literature, meditation, and daily practice at being honest, open-minded and willing.

Though I can easily list the actions I've taken to stay clean, I still don't know exactly why it is that I'm sober today—why I had that moment when I realized I was the one causing all of the harm and that I didn't have to keep living my life as a victim.

Was it luck, fate or grace? It could have been any of those, I suppose, but I no longer need to convince myself that I understand everything.

Instead, I'm learning to focus on the deep sense of gratitude I feel toward my sobriety.

Learning how not to get so caught up in semantics and old notions has helped my recovery. I am grateful for Step Two regarding this, because it challenged

Continued on PAGE 2

**MY SERENITY
AND SANITY
DEPEND ON
REMAINING
HUMBLE AND
HONEST.**

New Eleventh Step Meeting

"Conscious Contact," a CMA meeting that focuses on the Eleventh Step, convenes Wednesdays at 8 P.M. for an hour-long, solution-oriented session that includes a Big Book reading, speaker and show of hands.

The group met for the first time on Oct. 12.

"I wanted to start a discussion in the Fellowship about the application and practice of the Eleventh Step in our daily

lives," says Rich M.

The meeting is not religious in tone, and all viewpoints are welcome. "In fact, agnostics and atheists are encouraged to attend and share their experiences," Rich continues.

"Conscious Contact" is held at Gay Men's Health Crisis. Check at the front desk each week for the room number, as it will occasionally change. "There were 29 people at our first meeting," Rich says.

2 LETTERS

3 SHARE

4 FIRST PERSON

7 CROSSWORD

8 PROGRAM

NYCMA NEWS

Intergroup

NYCMA Intergroup usually meets at 7:45 P.M. on the last Wednesday of each month. We meet at Gay Men's Health Crisis. All CMA members are encouraged to attend. Literature, outreach to hospitals and institutions, public information, the Web site and our connections with CMA World Services are among the topics we address. Everyone can take part in the discussions. Group Service Representatives and NYCMA officers vote on business. Elections for 2006 officers will be held on Nov. 30. Committee chairs and cochairs, a clearinghouse coordinator, a public information officer, a treasurer, a secretary, a chair and a General Service Office (World Services) representative will be elected. The sobriety requirement is one year. Any member with the required time can be nominated for an office.

Literature

The Literature Committee meets once a month, usually on the Wednesday a week before the NYCMA meeting. We discuss ideas for new literature, review and revise the old pamphlets, plan and edit the newsletter, and carry out any other assignments as requested by the Intergroup. All members are welcome at our meetings.

DEAR NYCMA

Thank You for Share-A-Day

I'VE HAD A FEW DAYS TO REFLECT ON [the Share-A-Day] and wanted to write a note. I recall there was an evaluation form of some sort in my packet, but I haven't found it and, well, no need for me to be anonymous.

I thought the day was superb, and what beautiful weather (thanks, God)! It was my first of any type of roundup, and it got my juices flowing for the Philadelphia Freedom Roundup.

Ava was moving, Colly was hilarious and Don N. was an extremely effective speaker. I feel I connected with my fellows on so many levels.

A funny story: I was exhausted throughout the morning and, for the first time in eight months, was a new face in the crowd (and, therefore, not the center of attention that I can make myself here in Philly).

At lunch, I decided I could mope and be disappointed or I could start taking the initiative and

participating.

I chose the latter. When I smiled at my fellows, they smiled back. When I started talking, they engaged me in conversation. When I gave, I received, and when I participated, I felt a part of...

So many things came together for me that day.

So many lessons, words of advice, experiences all came together.

The ideas of maximum service to others and utter faith in my Higher Power's care of me flowed through me.

By the end of the day, I truly loved each person in the auditorium and saw the beauty of God and His work.

My sincere, heartfelt thanks for all your efforts to make Saturday happen. What I got Saturday, I consider a loan, which I intend to repay with interest.

Love, Kevin
Philadelphia

I DECIDED I COULD MOPE AND BE DISAPPOINTED OR START TAKING THE INITIATIVE.

Why I Think Your Anniversary Isn't About You

To My Sponsee:

Now it seems that you've made your anniversary about you and about how much others owe you.

It would be sweet if all those about us bowed at our feet and told us how wonderful we were and how powerful our sobriety is, perhaps comparing us to the Good Lord himself.

They might even tell us they are sure that if someone gave us a basket of fish and bread we could feed the masses.

I believe that the reason we have anniversaries, however, is not for ourselves. Oh yes, it marks our time in sobriety, and the occasion might encourage us to wax sentimental.

Some of us might actually think it is an accomplishment worthy of praise.

I think real reason that we celebrate our anniversaries is to assure the newcomer that he can do it too.

So, you see, even our anniversaries are not about us: They are about service.

Rather than be resentful when people don't remember to put you on a pedestal on your anniversary, why don't you write out a gratitude list of all the folks in your life today?

Then go find some frightened newcomer and encourage him.

While you're at it, you might want to get on your knees and thank the Good Lord, who gave you this time of sobriety, life and healing.

Your Sponsor, Lee L.

Continued from PAGE 1

me to let down my defenses and let go of baggage associated with words like *God* and *faith*.

In doing so, I've begun releasing myself from an intense shame that had prevented me from fostering an

understanding of Higher Power, which reveals itself more every day.

There aren't any hard and fast answers to this stuff for me. I only know what works and what doesn't. Being willful and wallowing in self-pity doesn't work. What *does*

work for me is to trust that no matter what happens, I will be taken care of—as long as I don't pick up.

At just more than a year sober, I am hardly cured. I can't even say that I've "gotten it."

On the contrary, I know that my

serenity and sanity depend on remaining humble and honest, as well as continuing to work on my program of daily action.

I have issues and hardships like everyone else, but I don't have to get high because of them. —MIKE R.

A Conversation With Don N.

CMA's First Speaker Reflects on Share-A-Day and How Far We've Come

WE LISTENED. WE LEARNED. WE LAUGHED. WE WERE inspired. Long into sobriety, Don N. was the keynote speaker at last month's Share-A-Day. He is also the first person ever to qualify at a meeting of CMA, which was founded in 1994 by his sponsee Bill.

CRYSTAL CLEAR caught up with Don shortly after he returned to his Los Angeles home from New York.

CRYSTAL CLEAR: It was nice to have you in New York.

Don N.: It was great being there.

It was interesting to see how far the Fellowship has come and to have most of us there together at Share-A-Day.

It tickled me. I thought, *Man, this is great.* When I got home. I called Bill right away to tell him how lovely [the Share-A-Day] was. When we started [CMA], we knew it was needed, but we had no idea it was going to catch fire like this.

How is everybody back there in New York?

Fine, thanks, and you?

I'm tickled. Somebody said Australia now has [CMA]. You know what I think is going to have to happen now? CMA's now going to have to spread into the straight community—like AA moved into the gay community. This is going to have to go the other direction, so a lot of people are going to get help.

I hear a lot, *Oh there's an epidemic of crystal. What are we going to do?* Well, we already know: stop getting loaded."

Is it really as easy as just not getting loaded, or is it more like, *Stop getting loaded and work the steps?* Is working the Steps as important to a drug addict as not picking up?

Actually, it's pretty simple. I did it, and thousands more have done it: A surrender must be done, and that's the first step in recovery. That surrender is to stop using. If you stop getting loaded, then you learn the rest—and that is the Twelve Steps. Nowadays, people complicate things a little bit more than necessary.

Do you think part of the panic you mentioned earlier is the result of crystal meth having crossed more social and economic lines than other drugs?

No. Alcohol crosses the same lines too, don't forget.

I think that we have really instant news now, often sensational and often true, but it contributes to this panic. Before, we didn't have this kind of news.

You said you had no idea CMA would become so strong.

That's because we were focused on the immediate, and we didn't even think much beyond that. It was a great surprise and very fortunate that it turned out the way it did.

Tell me about the early days of CMA.

It began 11 years ago at the West Hollywood Alcohol and Drug Center, which is upstairs in a building on Santa Monica Boulevard. Bill got the room for after 10 o'clock at night. It was the only time open for a new meeting, so we grabbed a hold of it. Naturally, since I'd shot speed for



CMA's first Share-A-Day was held last month at Gramercy's Religious Society of Friends meetinghouse.

so many years but had been clean, he asked me to speak at the first meeting. About 30 or 40 people were there. It was pretty crowded that night.

What was that like to be the first CMA speaker, and what does it mean to you now?

At the time, I was just doing my job, being of service and ready to help. Now, I'm glad we did it. Lives will be saved from now on. You guys will see to that.

Why wasn't, say, AA enough? What does CMA provide, do you think, that we cannot get in other fellowships?

This is a very important question. Out of respect for Alcoholics Anon-

ymous, we cannot talk about other drugs too specifically when we're at those meetings. It breaks tradition. People identify with each fellowship, and that is important.

That's why we say we're alcoholics when we're at AA.

If I am one. If I'm not an alcoholic at an AA meeting, I would probably do best by not speaking. It's important to follow this tradition because it's also ego-busting, to just sit there and not say anything. Some of us think, *Well, we should be able to say what we want.* But it's not humble to be like that.

Suppose an alcoholic comes into an AA meeting, and he hears someone talk about crystal meth or heroine or gambling. How are they sup-

Continued on PAGE 6

THEY'RE GLAD TO HAVE US AT AA MEETINGS, BUT THEY DON'T NEED ME TALKING ABOUT CRYSTAL METH.

Surrender, Faith

CMA Fellow Shares How He Learned to Deal

SOBRIETY IS A road full of surprises. Obstacles present themselves, and the instinct to flee and bury my head in the sand can be strong.

I've experienced a few life challenges, such as a painful breakup, loss of friends and a recurring debilitating illness in sobriety.

My addiction credits these as proof that this program does not work. Sometimes I still hold on to the notions that life is supposed to be easy and staying sober means my problems should vanish.

The first thing I had to do in recovery was eliminate "using" as an option.

Once I'd accepted that

drugs just no longer worked for me, I started to notice how much worse things got for people who did relapse.

It was difficult when I lost a budding sober friendship or witnessed the self-destruction of a person with whom I counted days.

'JAILS, INSTITUTIONS AND DEATH.' I THOUGHT THIS WAS JUST A SCARE TACTIC.

One of the first things I heard in sobriety was that this disease leads to "jails, institutions and death." I thought this was just a scare tactic. But sadly, the warning predicted the fate of several friends: John,

Brian, Shari and Rob.

I have also experienced some sober friends going to jail because of the unmanageability of their active days.

With using no longer an option, I had to learn how to have healthy relationships and set boundaries.

When I first came to

the rooms, I was reluctant to let people get close because of my self-centered fear of getting hurt.

But counting days with my new friends in early sobriety became my lifeline.

and Trust

With Life on Life's Terms

I was able to let go of the fears through the Fourth and Fifth steps.

Somewhere on my new path, I started to accept that life is not always fair. The “courage to change the things I can” became a mantra of empowerment. Faith became a stronger force in my life. I learned to surrender my fears and accept any losses one day at a time.

This daily practice is no insurance against pain. But now I think of challenges and losses as reminders of what would happen if I were to give up.

Over time, I began to trust people. I started to believe in myself and my abilities. The feelings of uselessness and self-pity turned to “how can I help

someone today” and “what can I do in this life to be of use?” I’ve been lucky enough to return to school, so I can realize a life-long ambition that I was too afraid to pursue for many years.

I know that as long as I stay sober things can change for the better.

Through living and practicing the Steps, my attitude has slowly changed: I stopped looking for reasons to use and came to trust that the challenges and obstacles in sobriety will become points of reference that build confidence and trust.

It is a slow, ongoing process that has changed my outlook on life. For me, it is the key to freedom.

—BY MARCELO A.

Continued from PAGE 1

Michael was definitely hooked. “I remember saying out loud, ‘I love this stuff!’ It was the most amazing drug I had ever taken. It made me feel invincible, like I could conquer the world.”

As for his spiritual condition before coming into program, he says, “I had none. It was all about getting crystal meth and staying high. I was always concerned about what was in it for me, very selfish.” What one word would best describe him during the first year of his sobriety? “*Afraid* would best describe my feeling the first year.” What about now? No hesitation: “*Grateful.*”

Michael says his favorite Twelve Step slogan is: IT’S NOT ABOUT ME. So often I thought that other people’s actions or reactions were because of something I had done or said. I was just about always wrong.”

Michael cites his biggest accomplishment since getting sober as “mending the relationships with my family. My relationship with my father was so fractured and had been for many years. I did two five-day programs at [an institution], along with six months with a private therapist. I now have a great relationship with my dad and better relationships with my siblings. I never thought it could be like this.”

KAREN G., OF NEW YORK CITY, spoke at the workshop “Demystifying Higher Power: Finding a Concept You Can Work With.” She has been sober since May 16, 1989. The two greatest influences on her sobriety? “My sponsor and the first speaker I heard at a meeting.” Karen says her spiritual awakening “happened when I wasn’t looking—and it happened as a result of work.”

When Karen first tried crystal, she felt invincible. By the end of using, however, Karen says she “was spiritually bankrupt. I prayed for death.” Asked how she related to

others when she used, Karen says: “There were no ‘others.’ I saw the world as *me* and *not me*. I didn’t know how to relate or interact.

“My first year [of sobriety], I was in mourning. Now I feel expectant.” As for the future of her recovery, she says, “I hope for more opportunities for usefulness.” **TONY F., OF FORT LAUDERDALE**, spoke at the workshop “Sponsorship, A Two-Way Street: How To Be One, How To Use One.” He has been sober since Jan. 17, 1999. Relapse is part of his story: “I just didn’t want to admit I couldn’t control my drinking and drug use on my own.”

Tony says the first time he did crystal meth he “cut out a big fat line because I thought you did it like coke. It burned like hell. That was Saturday night; the next thing I knew, it was Tuesday.”

Tony describes the change in how he approaches people in two words: from *skeptical*, before recovery, to *open*, now. His hope for the future: “To be happy, joyous, and free.”

RIC S., OF BOSTON, has been sober since Dec. 11, 1982. “I felt totally isolated and lost before recovery,” Ric says. “No connection with my fellow humans.” His spiritual awakening has “allowed me to step out of my focus on self and offer my hand to others.” One major accomplishment in sobriety “has been the ability to take control of my health care. This has been a major step in becoming proactive in my HIV-positive care and education.”

In recovery, he’s moved from “self-centered” to “available” in how he approaches people. “I’m most ashamed of taking advantage of friends’ trust and love,” Ric says about the days he used drugs. “I’m most proud of my ability to see the humor in life,” he says about his current life. “And not to take everything too seriously.” —BY GUY K.

In Sobriety, a Search for the Middle Ground

MY FIRST YEAR OR SO IN CMA was all about sharpening the saw, readying that tool of recovery.

I wanted to know that when the forest of life grew too wild, when it was difficult to see beyond the edge of the woods, I would have a nice, sharp blade to help me cut my way to safety.

I read program literature diligently, talked to my sponsor every day, did thorough step-work and went to as many meetings as I could.

Once my saw was sharp enough, I began using it. I sawed and sawed and sawed. I made a lot of program friends and joined them at fellowship, attended sober functions and accepted service positions.

In fact, I began to think that if I sawed hard and fast enough, I could chop down my entire forest of fears.

Then I'd be in the clear forever.

After a year or so of endless sawing, I had cleared a good bit of land, but my saw was wearing out and not working so well.

I switched my focus back to the sharpening stone. I took on six sponsees, diving into service with great devotion. I sharpened at a maddening pace and was exhausted at the end of the day.

I often patted myself on the back for being so committed.

Truth was, I was terrified—afraid the forest of active addiction would swallow me again. So I sharpened and sharpened, and as the Taoists say, I sharpened the saw without stopping and ended up worn and tired.

Being an addict, I tend toward the extreme. Having used both extreme options, I didn't know what to do: If both sawing and sharpening dulled the blade, then the tool itself seemed useless. I threw it down.

I was angry, frustrated, vindictive. I spent a few months throwing fits and otherwise acting out. I was argumentative with my sponsor. I resented going to meetings. At my wit's end, I was near relapse.

Fearing the pain that comes with using drugs, I reluctantly picked up the saw. I didn't try to use it right away.

Instead, I sat with it and pondered the concept of recovery.

It took about a year of soul-searching and a

lot of talking in the rooms, to my sponsor and to sober buddies.

I wanted a full, well-rounded sober life. I wanted to be joyous, happy and free—not just from active addiction but from the extremes and the fear.

I needed to find the *middle ground*.

That means sawing sometimes and sharpening sometimes and sometimes not doing anything with the saw at all.

The saw is there for me to use at a moment's notice. When life throws a curve ball or I feel “less than” or triggered, it's ready.

I've learned to sharpen according to need. When the blade gets dull, I give it an easy pass on the sharpening stone by calling my sponsor or reading literature.

Then, I put it aside until I need it again.

I go to two or three meetings a week. I have one service commitment and am always working

one of the Steps at a gentle pace. I live a full life.

I read a lot, go to the movies, hang with program and nonprogram friends, attend school, and go on dates (or sometimes just hook up).

These are just a some of the things that now make up my life.

For the first time, I'm joyous, happy and free, and I'm confident I will remain so—as long as I am sober and avoid extremes.

I wear my recovery like a loose garment.

—COLLY C.

**TRUTH WAS,
I WAS
TERRIFIED—
AFRAID THE
FOREST OF
ACTIVE
ADDICTION
WOULD
SWALLOW ME
WHOLE AGAIN.**

Continued from PAGE 3

posed to identify with the group when they came in seeking help for an alcohol problem? They may think they're in the wrong place.

They're glad to have us at AA meetings, but they don't need me talking about crystal meth. Out of kindness and love for other people, I respect the tradition of AA.

You were inspiring at the Share-A-Day. Where do you get your own inspiration?

Inspiration comes from Higher Power, or as I call it, the Great Spirit. We find this power by applying the principles of the Twelve Steps.

Why does the God thing evoke so

much fear for so many of us?

It doesn't have to. People can use the group as their Higher Power. They get to pick what they think their Higher Power is. We don't force anyone to think in any certain

WE KNOW MISERY AND HAVE BEEN WRACKED WITH BITTERNESS. TO HAVE ESCAPED THAT CRIES OUT FOR CELEBRATION.

way about this. It'll just come to pass that they'll believe in a power greater than themselves.

How do you practice the Eleventh Step?

Well, I think the Eleventh Step be-

comes a working part of your life. After a while, you begin to realize that you can't live happily without this power in your heart. Like it says in the Big Book, this power is deep inside each and every one

of us. And if you practice this thing long enough, this power comes alive. I meditate every morning. If you can give God five minutes every morning, you are doing a great thing.

How important is service to recovery?

I put it this way: If you want to be happy, be of service. Everybody can do it, even if it's just sitting in a meeting and participating.

One of the things that was so striking about your attitude was your emphasis on having fun. As you put it, go out and “dance your ass off.”

We know misery and we have been wracked with bitterness. To have escaped that cries out for celebration of life as big as the day can bring.

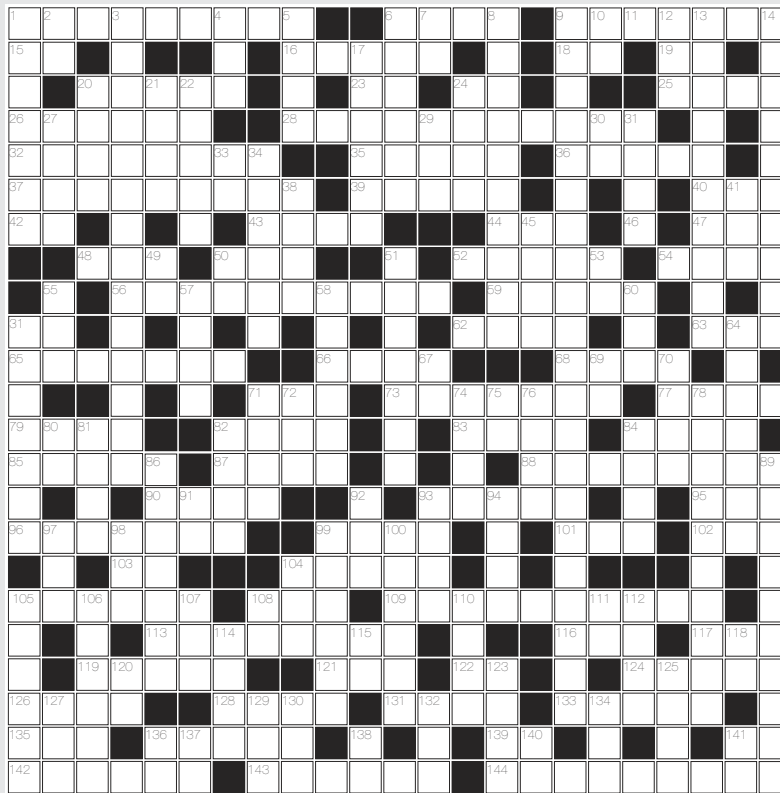
Thanks for your time.

Any time. Glad to do it.

TWELVE TRADITIONS OF CMA

ACROSS

- 1 Like a purple haze?
- 6 Vessel for soup
- 9 Discontinues
- 15 Just what the doctor ordered
- 16 Ms. Ford's "clinic," for example
- 18 Beast of burden
- 19 "Are you," in IM speak
- 20 Lithuanian river
- 23 Unintended relapse destination
- 24 Where it's ___ .
- 25 One Queer
- 26 Searched in a back room
- 28 Not flaws
- 32 Response
- 35 Phallic sounding noodle?
- 36 gods to the God of some
- 37 Sick and suffering one
- 39 Tantric devotee perhaps
- 40 Stitch
- 42 ___ funny valentine
- 43 Louse eggs
- 44 2005 Final Four contender
- 47 Gets high professionally
- 48 Start of a relapse?
- 50 Jail or hospital, to some addicts
- 52 Hideouts
- 54 One who lies
- 56 Beginner's goal
- 59 It has to be earned
- 61 CMA sister?
- 62 Young adult
- 63 Greek Ens
- 65 The Word?
- 66 "You're So ___."
- 68 Blue
- 71 See 61 Across
- 73 Pins and ___
- 77 Loews competitor
- 79 Suit, abbr.
- 82 "___, I wish I was your lover"
- 83 Watch too intently
- 84 Gem
- 85 Newly wed to Jessica S.
- 87 Mallard genus
- 88 Sits alone
- 90 Like a troll?
- 93 Land's end
- 95 Greek T
- 96 Gift of sobriety
- 99 Unintended



DOWN

- 1 Course of action
- 2 Women's Title
- 3 CMA mantra
- 4 Possess
- 5 Clap indicator
- 6 Tasted again?
- 7 Flow inhibitor
- 8 Rehab peer
- 9 CMA deity?
- 10 Step of amends
- 11 Step of admission
- 12 Scoring stat
- 13 Sponsor's offer
- 14 Unintended relapse destinations
- 17 Sore spots
- 20 Cause of overheating?
- 21 follows crystal
- 22 Ciao
- 24 Some tweakers' talons' target
- 27 Count
- 29 H.S. subj.
- 30 Desire, to meeting attendance
- 31 Long, ___ recovery
- 33 Aged, slang
- 34 Four score and ten
- 38 Big town
- 41 Shepherd's special friend?
- 45 Father
- 49 3.1415927
- 50 You, of old
- 51 Hypodermic
- 53 High guard of the Reich
- 55 ___ tai
- 57 High ___
- 58 Couches
- 60 Drag behind
- 61 Often inexcusable
- 64 Hazy
- 67 Not SW
- 69 Computer platform
- 70 Dangerous destination in sobriety?
- 71 Not crazy
- 72 The best option, for some
- 74 Furry redhead
- 75 Liberal E.U. state, abbr.
- 76 Gifts from Hawaii
- 78 No ___
- 80 Penultimate Step
- 81 Repeat exactly
- 82 Mend
- 84 Type of English
- 86 Hangs around
- 89 Caught
- 91 '99 Party flick with Scott Wolf
- 92 Mr. Antoinette, to most
- 93 Hard and cold, they say
- 94 Defender
- 97 Gay stooge?
- 98 Mazel ___
- 99 Some meetings
- 100 Puts in disarray
- 104 Boy, to Daddy
- 105 Fruity dessert
- 106 Not Coke
- 107 Elusive state for tweakers
- 108 Dealer's foe
- 110 Burden
- 111 An end, in the ring
- 112 Natural state
- 114 Rob, of St. Elmo's Fire
- 115 NYC 'hood
- 118 Punk scene relative
- 120 Exclamation of pain
- 123 Gift of sobriety
- 125 ___ road track
- 127 To read, in Rio
- 129 Energy unit
- 130 Linguistic suffix
- 132 Inspirational intake
- 134 Winged creature of legend
- 136 Yes, to Pedro
- 137 By the way
- 138 Elphelba's homeland
- 139 Life force
- 140 Selfish concern
- 141 Bovine Greek?

1. Our common welfare should come first; personal recovery depends upon CMA unity.
2. For our group purpose, there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CMA membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or CMA as a whole.
5. Each group has but one primary purpose—to carry its message to the Addict who still suffers.
6. A CMA group ought never endorse, finance or lend the CMA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every CMA group ought to be fully self-supporting, declining outside contributions.
8. Crystal Meth Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. CMA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films and all other media.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

—EDITED BY BRIAN W.

NYCMA.org		NEW YORK CRYSTAL METH ANONYMOUS	
DAY	TIME	MEETING	LOCATION
Weekdays	7:45 AM	Good Morning, Higher Power (c)	Gay Men's Health Crisis
Monday	6:00 PM	Relapse Prevention (o)	Lesbian & Gay Community Services Center
Monday	7:30 PM	Juntos En Sobriedad †	Gay Men's Health Crisis
Monday	8:00 PM	NA Book Study (o)	The Realization Center
Tuesday	6:00 PM	Recovering Together (o)	Gay Men's Health Crisis
Tuesday	7:30 PM	Beginner's Meeting (o)	Lesbian & Gay Community Services Center
Wednesday	6:30 PM	Tools for Beginners (o)	Gay Men's Health Crisis
Wednesday	6:30 PM	Solutions in Recovery (c)	Callen-Lorde Community Health Center
Wednesday	7:00 PM	CMA Uptown (o)	William Ryan Community Health Center
Wednesday	8:00 PM	Conscious Contact/11th Step (o)	Gay Men's Health Crisis
Thursday	6:30 PM	CMA Agnostics (c)	Gay Men's Health Crisis
Thursday	6:30 PM	As Bill Sees It (o)	Gay Men's Health Crisis
Thursday	8:00 PM	Book Study (o)	Gay Men's Health Crisis
Friday	6:15 PM	Living With HIV (c)	Callen-Lorde Community Health Center
Friday	8:00 PM	Crystal Clear (open)	Gay Men's Health Crisis
Saturday	9:15 AM	Saturday Solutions (c)	Lesbian & Gay Community Services Center
Saturday	8:00 PM	Meditation Meeting (c) ††	Lesbian & Gay Community Services Center
Saturday	9:30 PM	Intimacy, Relationships & Sex In Sobriety (c)	Lesbian & Gay Community Services Center
Sunday	6:00 PM	Step Meeting (o) †††	Lesbian & Gay Community Services Center
Sunday	7:30 PM	Beginner's Basics (c)	Lesbian & Gay Community Services Center

† Meeting is conducted in Spanish †† Please arrive on time so as not to interrupt the silent-meditation portion of the meeting. ††† The last Sunday of the month is a Traditions meeting. **(o) Open Meeting:** Welcomes anyone interested in the CMA program. **(c) Closed meeting:** Welcomes anyone who has, or thinks they may have, a problem with crystal meth or any other mind-altering substance. Program literature and regularly updated meeting lists are available online at nycma.org.

DIRECTIONS

Gay Men's Health Crisis

119 West 24th Street
Between 6 & 7th Avenues

Lesbian, Gay, Bisexual and Transgendered Community Services Center

208 West 13th Street
Between 7 & 8th Avenues

Callen-Lorde Community Health Center

356 West 18th Street
Between 8 & 9th Avenues

William Ryan Health Center

110 West 97 Street
Between Columbus and Amsterdam Avenues

Realization Center

19 Union Square West, 7th floor

TWELVE STEPS OF CMA

1. We admitted that we were powerless over crystal meth and our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a God of our understanding.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a God of our understanding praying only for the knowledge of God's will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs

CROSSWORD SOLUTION
Puzzle appears on Page 7

Clear
Crystal

Volume 3 • Number 2
© 2005 New York Crystal Meth Anonymous, except where prohibited

Published by the NYCMA Intergroup Literature Committee

Submissions and Comments: P.O. Box 1517, Old Chelsea Station, New York, N.Y. 10113; e-mail: info@nycma.org; fax: 212-777-4957; phone: 212-642-5029 **Crystal Meth Anonymous:**

Crystal Meth Anonymous is a Twelve Step fellowship for those with a desire to stop using crystal meth. *Crystal Clear*, the newsletter of NYCMA, is published periodically. We reserve the right to refuse submissions and to edit for clarity and space and to avoid triggering the reader. No compensation will be paid for any submissions. According to our Tenth Tradition, CMA has no opinions on outside issues. Opinions expressed in articles are solely those of the writers and do not speak for CMA as a whole. The Twelve Steps and Twelve Traditions have been adapted from the Big Book of Alcoholics Anonymous.